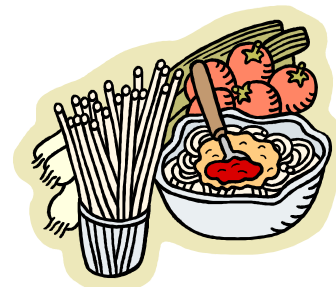


Tomato & Basil Pasta Bake

4 servings

Estimated cost per serving: \$1.30

- 2 cups uncooked wheat-blend rotini pasta (such as Healthy Harvest)
- 2 cups tomato and basil spaghetti sauce (I like Barilla Brand)
- 2 cups thawed-frozen broccoli, carrot and cauliflower mix*
- 2 tsp crushed **red** pepper flakes OR Mrs. Dash **extra spicy** seasoning
- 1 cup shredded part-skim mozzarella cheese



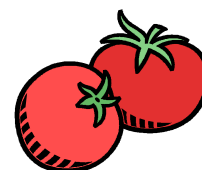
1. Preheat oven to 375°F.
2. Cook pasta according to package directions; drain well.
3. In a medium bowl, combine cooked pasta, spaghetti sauce, thawed vegetables, and seasoning.
4. Spray an 8 x 8 baking pan with cooking spray (like Pam); add pasta mixture and sprinkle cheese on top.
5. Bake uncovered for 15-20 minutes.

* Thaw frozen veggies by running cold water over them for 1 - 2 minutes or heat in the microwave briefly.

Nutrition facts per serving: 350 calories, 8g total fat, 3.5g saturated fat, 20mg cholesterol, 620mg sodium, 53g carbohydrate, 8g dietary fiber, 16g protein.

Good source of Vitamins A & C, Calcium, Iron, Dietary Fiber AND **Lycopene**

Pyramid servings: 1 ½ grain, 2 vegetable, ½ milk



Nutrition note:



You've probably heard of **Lycopene**, but do you know what it is? **Lycopene** is a phytonutrient (plant nutrient) that is found in **tomatoes** and other **red** and **pink** fruits and vegetables, such as **watermelon** and **pink grapefruit**. Frequent consumption of foods with **lycopene** is associated with reduced risk of cardiovascular disease, cancer, diabetes, osteoporosis, and even male infertility. Some nutrients are destroyed by food processing and cooking, but not the **lycopene in tomatoes!** It actually becomes more bioavailable (meaning our bodies can absorb and use it better), making foods like tomato sauce, tomato juice, tomato paste and ketchup good sources of this important nutrient.

Recipe provided by Keri Tonia, MSU Dietetics Student, 2/07.

Questions or comments???

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